TREATING AUTOIMMUNE DISEASES WITH HOMEOPATHY

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An autoimmune disorder occurs when the body’s immune system attacks and destroys healthy body tissue by mistake. There are more than 80 types of autoimmune disorders.
COMMON AUTOIMMUNE DISEASES

- Graves Disease
- Hashimoto’s Thyroiditis
- Multiple Sclerosis
- Rheumatoid Arthritis
- Reactive Arthritis
- Systemic Lupus Erythematosus (SLE)
- Myasthenia Gravis
- Type 1 Diabetes
Overall we estimate that 8,511,845 persons in the United States or approximately 1 in 31 Americans are currently afflicted with one of these autoimmune diseases. The diseases with the highest prevalence rates were Graves'/hyperthyroidism, IDDM, pernicious anemia, rheumatoid arthritis, thyroiditis, and vitiligo, comprising an estimated 7,939,280 people or 93% of the total number estimated. Glomerulonephritis, MS, and SLE added an estimated 323,232 people.

WHAT HAPPENS?

The white blood cells in the body’s immune system help protect against harmful substances. Examples include bacteria, viruses, toxins, cancer cells, and blood and tissue from outside the body. These substances contain antigens. The immune system produces antibodies against these antigens that enable it to destroy these harmful substances.

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WHAT HAPPENS?

When you have an autoimmune disorder, your immune system does not distinguish between healthy tissue and antigens. As a result, the body sets off a reaction that destroys normal tissues.

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WHAT HAPPENS?

The exact cause of autoimmune disorders is unknown. One theory is that some microorganisms (such as bacteria or viruses) or drugs may trigger changes that confuse the immune system. This may happen more often in people who have genes that make them more prone to autoimmune disorders.

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HOW ARE THESE DIAGNOSED

• Clinical Findings:
  • Physical Exam and History

• Laboratory Tests:
  • ESR
  • CBC
  • ANA
  • Autoantibodies
  • Urinalysis
CONVENTIONAL TREATMENT AND PROGNOSIS

The outcome depends on the disease. Most autoimmune diseases are chronic, but many can be controlled with treatment.

Many people take medicines to reduce the immune system's abnormal response. These are often called immnosuppressive medicines. Examples include corticosteroids (such as prednisone) and nonsteroid drugs such as azathioprine, cyclophosphamide, mycophenolate, sirolimus, or tacrolimus.

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CONVENTIONAL TREATMENT AND PROGNOSIS

In spite of all these advances cure or long-lasting remission still remains elusive in majority of systemic Ads, i.e., rheumatoid arthritis (RA), SLE, vasculitis, etc.

The current strategy of immunosuppression though helps in reducing symptoms but the overall impact on the disease is not effective, especially in inducing remission or a long-lasting cure.

SOME PERSONAL CASES

- JRA in a three year old
- Chronic Reactive Arthritis in a 24 year old
WHAT IS HOMEOPATHY?

A method of using medicines (or remedies) to help treat or cure illnesses by stimulating the body to heal itself.
WHAT IS HOMEOPATHY?

Basic Ideas or Principles
- Likes Cure Likes
- Minimum Dose
- Self Healing
- Individualization
- Single Medicine
WHAT IS HOMEOPATHY?

Like Cures Like

• A medicines is chosen whose toxic symptoms mimic the symptoms the disease is causing in the person
WHAT IS HOMEOPATHY?

Minimum Dose

• This medicine is prescribed in an extremely small dose in order to reduce the possibility of side effects.
WHAT IS HOMEOPATHY?

Self Healing

• This medicine works by stimulating the inherent self healing capabilities that all living organisms have
• Vis Medicatrix Naturae
WHAT IS HOMEOPATHY?

Individualization

• Each person manifests their disease in an individual manner, and these differences help to determine the particular homeopathic medicine we will prescribe

• Three patients with the same autoimmune disease might receive three different medicines
WHAT IS HOMEOPATHY?

Single Medicine

- Only one medicine is given at a time in order to accurately assess if the patient reacted well to it
- The more changes or variables in a treatment, the harder it is for us to evaluate and adjust the prescriptions

A Young Man Suffering from Grave’s Disease

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Abstract: We present an ongoing case of a young man who had unresolved Graves disease for seven years prior to beginning treatment with a combination of conventional medications and homeopathy. His hypertension and tachycardia initially improved slightly with medication, which we prescribed to ensure his myocardial safety. We then took his homeopathic case and prescribed homeopathic Natrum Muriaticum 200C daily. The prescribing indications were: dwelling on past disagreeable disturbances, resentment, aggravation from consolation, laughing over serious matters, and craving salt. After beginning homeopathic treatment, his thyroid function and his general state overall improved. We then were able to successfully wean him from his pharmaceutical medications without a rise in his heart rate or blood pressure. This case illustrates that homeopathy can be an effective treatment for Graves hyperthyroidism and that by integrating the treatment with conventional medications it is possible to manage such patients effectively.